Trauma-Informed Care Resource Guide

Web-Based Networks and Toolkits

❖ **ACEs Connection**

Description: ACEs Connection is a social network that accelerates the movement toward recognizing the impact of adverse childhood experiences in shaping adult behavior and health, and reforming all communities and institutions to help heal and develop. The network creates a safe place and a trusted source where members share information, explore resources, and access tools that help them work together to create resilient families, systems and communities. A companion site, ACEsTooHigh, provides news to the general public as part of the ACEs Connection network.

❖ **The Family Informed Trauma Treatment Center (FITT)**

Description: The FITT team develops, evaluates and disseminates new family trauma interventions. There is also the FITT Toolkit, a free web-based resource for trauma therapists interested in knowledge and tools needed to advance practice in family informed trauma assessment, treatment planning, and intervention.

❖ **Umind**

Description: Umind is a platform for child and youth mental health professionals to share resources, advice, tips, and techniques. Health professionals, educators, and student learners will also find that Umind brings them greater insight, tools, and techniques to help support children, youth and families facing mental health challenges. Join Umind to access their free resource library that has sample policies and procedures, guides, toolkits, templates, tip-sheets, and training materials.

Resource Collections

❖ **The Children's Bureau**

Description: Browse a range of different topics, publications, tools, and resources related to child welfare services, foster care, adoption, and child abuse and neglect. The Child Welfare Information Gateway provides streamline access to products and resources.

Example Products:
Developing a Trauma-Informed Child Welfare System
Parenting a Child Who Has Experienced Trauma
Resources Specific to Child Welfare Agencies
Guide for Education and Therapy (TARGET) Intervention

❖ **Center for Health Care Strategies: Advancing Trauma-Informed Care**

Description: Advancing Trauma-Informed Care is a national initiative aimed at understanding how health care settings can implement trauma-informed approaches to improve patient outcomes and decrease costs.

Example Products:
Key Ingredients for Successful Trauma-Informed Care Implementation
Encouraging Staff Wellness in Trauma-Informed Organizations
10 Key Ingredients for Trauma-Informed Care

❖ **Center on the Developing Child at Harvard University Resource Library**

Description: A collection of trauma-related tools and guides. Topics include brain architecture, lifelong health, mental health, neglect, resilience, and toxic stress. Sign up for their mailing service to be notified of newly released resources.

❖ **National Child Traumatic Stress Network Empirically Supported Treatments and Promising Practice**

Description: The fact sheets linked from this page offer descriptive summaries of some clinical treatments, mental health interventions, and other trauma-informed service approaches. You can also access NCTSN's free products and measures review database.

Example Products:
Child Welfare Trauma Training Toolkit
Family-Youth-Provider Partnerships Page

❖ **The Learning Center for Child and Adolescent Trauma**

Description: As part of the National Child Traumatic Stress Network, the Learning Center for Child and Adolescent Trauma offers free online education with 300+ free certificates, 50+ speakers, and 200+ online webinars.

❖ **Resource Guide to Trauma-Informed Human Services**

Description: This Guide provides an introduction to the topic of trauma, a discussion of why understanding and addressing trauma is important for human services programs, as well as a road map to find relevant resources.

Howarth, C.M. (2018). *Trauma-Informed Care Resource Guide* (Master's project). University of Maryland, College Park.

❖ **National Center on Domestic Violence, Trauma & Mental Health**

Description: Provides a training and resource center, policy guidance, and consultation to providers and professionals. You can access webinars, tip sheets, and many research publications.

Example Products:
Tips for Enhancing Emotional Safety
Creating Accessible, Culturally Relevant, Domestic Violence and Trauma-Informed Agencies
Trauma-Focused Interventions for Survivors of Domestic and Sexual Violence
A Trauma-Informed Approach to Domestic Violence Advocacy

❖ **Trauma-Informed Oregon: Resources for Organizations**

Description: Trauma-Informed Oregon is committed to supporting human service organizations and systems to recognize and respond to the impact of trauma on the workforce and on the children, youth, adults, and families they serve. The resources found on this page address a number of different aspects of the implementation of trauma-informed care aimed at improving the design of programs and services, as well as the organizational context in which client-centered care is delivered.

Example Products:
Person-Centered Planning
Guide to Reviewing Existing Policies
Standards of Practice for Trauma-Informed Care

❖ **The National Association of State Mental Health Program Directors**

Description: NASMHPD works with states, federal partners, and stakeholders to promote wellness, recovery, and resiliency for individuals with mental health conditions or co-occurring mental health and substance related disorders across all ages and cultural groups, including: youth, older persons, veterans and their families, and people under the jurisdiction of the court. Access their free publications, webinars, trainings, and presentations.

Example Products:
Webinar Series on Trauma-Informed Peer Support
Trauma Addictions Mental Health and Recovery Treatment Manual and Modules

❖ **Crisis and Trauma Resource Institute (CTRI)**

Description: CTRI provides professional development training to over 20,000 people each year. Access their limited free resources that include webinars, counseling handouts, manuals, and articles. Or place orders for more materials, workshops, assessment tools, and consulting services.

❖ **The Trauma-Informed Care Project**

Description: The Trauma-Informed Care Project examines policies, practices, and organizational structures to help prevent re-traumatization of clients, staff, and the system at large. The Stakeholders group of community members help to determine the needs of the community/ system and plan what type of trainings are needed and what parts of the system need to be addressed. They also educate and train practitioners in evidenced based trauma informed services, and you can access their free resources.

Howarth, C.M. (2018). *Trauma-Informed Care Resource Guide* (Master's project). University of Maryland, College Park.

Trauma-Informed Guides

❖ **THRIVE: Guide to Trauma-Informed Organizational Development** **(2010)**

Description: The Guide to Trauma-Informed Organizational Development is designed to help agencies develop strategies to create and enhance trauma-informed system of care service approaches. It is not all inclusive, nor is it intended to be a "one size fits all" approach to becoming trauma-informed. The intent is to provide agencies with information on the options and approaches currently available in the children's mental health field on trauma-informed service delivery.

❖ **SAMHSA'S Concept of Trauma and Guidance for a Trauma-Informed Approach** **(2014)**

Description: This document introduces the concept of trauma and a framework for how an organization, system, or service sector can become trauma-informed. It includes a definition of trauma, a definition of a trauma-informed approach, six key principles, and ten implementation domains.

❖ **SAMHSA'S Concept of Trauma and Guidance for a Trauma-Informed Approach in Youth Settings** **(2015)**

Description: In this four-page document, SAMHSA offers a framework designed to be used across service systems that interface with youth. This webpage also offers an overview of trauma-specific interventions that can be used with children or adults.

❖ **Policy Guidance for Trauma-Informed Human Resources Practices** **(2017)**

Description: This document is designed as a guide for organizations working to become trauma-informed and is not limited to any particular system or type of organization. An organization's Human Resources structure may vary and therefore concepts outlined in this document may need to be adapted to match the needs of an organization. This document provides policies and activities to consider for pre-employment, onboarding/orientation, ongoing employment, and off-boarding.

❖ **Secondary Traumatic Stress in Child Welfare Practice: Trauma-Informed Guidelines for Organizations** **(2016)**

Description: The Chadwick Center for Children & Families at Rady Children's Hospital San Diego have released a set of trauma-informed guidelines with concrete strategies for approaching secondary traumatic stress (STS). While these guidelines were created for intended use within child welfare systems, they may be easily adapted into other child- and family-serving organizations. The guidelines highlight strategies and approaches to STS throughout 4 phases in the life of a child welfare worker (or other child- and family-serving professional), including the hiring phase, first 3 months on the job, the cumulative effect over time, and critical incidents.

❖ **Promising Practices and Model Programs: Trauma-Informed Approaches to Working with Survivors of Domestic and Sexual Violence** **(2015)**

Description: A product of the National Center on Domestic Violence, Trauma & Mental Health, this guide details how 45 programs across the country conceptualize trauma-informed and trauma-specific work and how this translates into enhanced or improved services for survivors of domestic and sexual violence.

❖ **Trauma-Informed Organizational Toolkit for Homeless Services** (2009)

Description: A product of the National Center on Family Homelessness that includes a trauma-informed organizational self-assessment, a user's guide for the self-assessment, and a how-to manual for creating organizational change. This toolkit offers homeless service providers with concrete guidelines for how to modify their practices and policies to ensure trauma-informed service delivery for families.

❖ **Training Staff in Trauma Treatments: Considerations for Complex Care Providers** (2017)

Description: The experiences of five complex care organizations across the country in training their staff in a variety of evidence-based trauma treatment approaches (*Seeking Safety*; *Eye Movement Desensitization and Reprocessing*; and *Attachment, Regulation, and Competency*) are outlined in this technical assistance brief. The purpose is to inform the efforts of other provider organizations seeking to adopt an evidence-based approach to trauma treatment.

❖ **Trauma-Informed Care in Behavioral Health Services** (2014)

Description: This manual is intended to assist behavioral health professionals in understanding the impact and consequences for those who experience trauma. Patient assessment, treatment planning strategies that support recovery, and building a trauma-informed care workforce are topics addressed.

❖ **Trauma-Informed Care Interview Questions**

Description: This is a list of potential interview questions that may be used to identify key trauma-informed qualities in job candidates, including empathy, non-judgment, and collaboration.

❖ **Trauma-Informed Oregon's Roadmap to Trauma-Informed Care for Organizations** (2016)

Description: This is a terrific and thorough roadmap for organizations to follow. It begins with a foundational readiness phase comprising four parts (recognition & awareness, foundational knowledge, agency readiness, process & structure), and an implementation phase that organizations repeat throughout their departments and comprises gathering information, prioritizing and creating a plan, implementing & monitoring, adopting practice & policy. There's a list of organizational resources and a case study of how Clackamah Behavioral Health Centers made the transition.

❖ **Trauma Matters: Guidelines for Trauma-Informed Practices in Women's Substance Use Services** (2013)

Description: These guidelines were developed by the Jean Tweed Centre for Women and Their Families to support organizations that provide substance use treatment services for women and help providers to understand the interconnections of trauma and substance use. They were created in consultation with service providers, experts, and women with lived experience from across Ontario.

❖ **Georgia's Child Sexual Abuse and Exploitation Prevention Technical Assistance Resource Guide** (2017)

Description: This document was created by the Georgia Statewide Human Trafficking Task Force to guide schools and youth-serving organizations in building their capacity for child sexual abuse and exploitation prevention. It details best practices, principles of prevention, identifying classroom resources, developing a prevention plan, age-appropriate teaching strategies, program analysis, and guidelines for implementation.

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- **2018 Prevention Resource Guide: Keeping Children Safe & Families Strong in Supportive Communities**

  Description: This guide was recently released by the Office of Child Abuse and Neglect and is designed to support service providers as they work with families to promote child well-being and prevent child maltreatment. It focuses on protective factors that build on family strengths to foster healthy child and youth development. There are also dozens of tip sheets in both English and Spanish that can be shared with parents and caregivers.

- **123Care: A Trauma-Sensitive Toolkit for Caregivers of Children** (2015)

  Description: This 178-page toolkit was developed by public health nurses at Spokane Regional Health District. It is intended for caregivers of children including parents, grandparents, child care providers, teachers, and others who care for children daily. It is organized by topic, each offering a brief overview, specific tools that can be used with children, and where to find more information. There are also caregiver handouts included that can be used as teaching aids.

- **NEAR@Home Toolkit: Addressing ACEs in Home Visiting by Asking, Listening and Accepting** (2015)

  Description: This toolkit was developed by THRIVE Washington and provides sensitive and transformational guidance for home visitors and all early childhood professionals to address the ACEs of young at-risk families. It has five core elements: Preparing, Asking, Listening, Affirming and Remembering. It contains useful scripts for dialogs between a home visitor and a parent, and is designed for home visitors who have some basic knowledge of NEAR science (Neurobiology, Epigenetics, ACEs, and Resilience) and have at least one year of experience in their model home visiting.

- **Incorporating Trauma-Informed Practice and ACEs into Professional Curricula – A Toolkit** (2016)

  Description: This toolkit is designed to aid faculty and teachers in a variety of disciplines, specifically social work, medicine, law, education, and counseling, to develop or integrate critical content on ACEs and trauma-informed care into new or existing curricula of graduate education programs.

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